

University of Alaska Southeast

# WHALESONG

October 26, 2015

The Official Student Newspaper of UAS

UAS Tech Fee  
Explained  
page 7

---

Casino-Con  
page 9

---

Florescence  
and  
Bioluminescence  
page 12

**WRITING CENTER  
RESURRECTED!**  
PAGE 6





# ON THE COVER...

The Writing Center, until a few weeks ago simply a part of the Learning Center, has moved back to its old location in Egan 105 and is now fully operational. The skeleton in question, which was brought in by the writing club, stands in the corner of the room, perhaps as a silent guardian, a watchful protector.

(Photograph by Darin Donohue)

## TABLE OF CONTENTS

- 4 Health Corner / Study Abroad
- 5 Student Gov. Profiles / Worrying Trend in Bees
- 8 The New Mendenhall Valley Library
- 10 Weekly Preparedness / Within the Silence
- 13 Stressed isn't Best / Alaska CAN
- 14-15 Calendar and Comics!

## WHALESONG STAFF

**Alexa Cherry**, Senior Staff Writer  
**Darin Donohue**, Staff Photographer  
**Holly Fisher**, Advertising Manager  
**Kaylyn Haslund**, Staff Writer  
**Lori Klein**, Faculty Advisor  
**Anneliese Moll**, Staff Writer  
**Daniel Piscoya**, Managing Editor

Contact us via email at [whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu)



**WE "LIKE" YOU!**  
**"LIKE" US TOO ON**  
**FACEBOOK!**

**[WWW.FACEBOOK.COM/UASWHALESONG](http://WWW.FACEBOOK.COM/UASWHALESONG)**

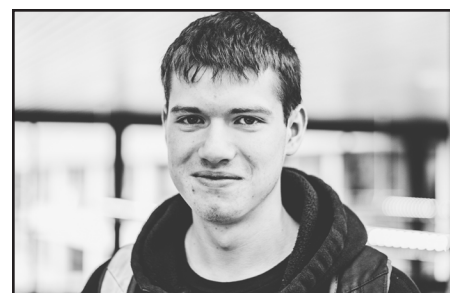
# — UAS Answers — *Everybody's got one ...*

*If you had unlimited resources and had to create the ultimate halloween costume, what would it be?*



"I would pay to have a dragon sized cat created that could fly without wings, and I'd ride him and name him Hovercat."

-Jean Bennett



"The ultimate Ultron Costume."

-Bryce Davies-Brown



"A real Transformer."

-Holly Eyre



"Halo's Spartan armor, like Master Chief."

-Jordan Laboca



"A super realistic zombie!"

-Chloe Naylor



"A Gundan made from real space metal."

-Stefann Paddock

# — Letter from the Editor —

**BY DANIEL PISCOYA**

*for the UAS Whalesong*

It's been a heck of a few weeks, hasn't it? Everyone whom I have talked to has regaled me with various woes concerning midterm tests, essays, projects, or presentations. I myself have had a few tough ones.

I have heard students use this time to consider out loud whether or not they should drop a class because they think they are failing it. I have heard of unintentional all-nighters; I have heard of intentional ones. I have pulled both. I have heard prayers of thanks to God for one or another midterm's postponement. I have heard muffled curses as one or another midterm sneaks up on a student unawares.

I've seen nervous people sit down with an essay in their hands. I've seen empty chairs. I've seen people talking animatedly about their academics. I've seen people almost come to tears walking home from class. People have gotten so stressed, they've gotten sick. I've caught the cold.

But, as Lexi Cherry says in her article, "Stressed isn't Best." Life isn't only full of things you have to do, it's also full of things you can treat yourself to, and things that can help you carry on, from the Health Center to the new library. Read and learn about them. You can't give in!

*Feel free to contact Daniel Piscoya at [dlpiscoya@uas.alaska.edu](mailto:dlpiscoya@uas.alaska.edu) or at the Whalesong email at [whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu).*

P.S. No I didn't dress up as Daredevil from season 1 of the Netflix series for Casino Con. I don't know what you're talking about.



## BE A READING TUTOR!

**THE UAS FINANCIAL AID OFFICE IN  
PARTNERSHIP WITH UNITED WAY  
OF SOUTHEAST ALASKA ARE  
LOOKING FOR STUDENTS TO BE  
READING TUTORS**

**EARN \$10.50 PER HOUR**

**HELPING KINDERGARTEN AND FIRST GRADE  
STUDENTS IMPROVE READING SKILLS.**

**FOR MORE INFORMATION CONTACT THE UAS  
FINANCIAL AID OFFICE – NOVATNEY BLDG.**

**EMAIL RENEE HARRISON :  
[LOHARRISON@UAS.ALASKA.EDU](mailto:LOHARRISON@UAS.ALASKA.EDU)**

**ALL MAJORS  
WELCOME  
TO APPLY!**

**Must be Federal  
Work Study Eligible.  
Contact Financial Aid  
to find out if you are  
eligible.**

**Tutors will be  
working in local area  
elementary schools**

**Minimum time  
commitment of 1  
hour per week**

**Monthly Bus Pass  
provided for  
students who need  
transportation**



# Campus Safety — Tobacco —

**BY LORI KLEIN**

*For the UAS Whalesong*

Welcome to our tobacco-free campus. You've seen the stickers and signs around campus. On July 1, 2015, UAS became a tobacco-free university. UAF and UAA will follow suit later this year.

The University of Alaska Board of Regents adopted the Smoke Free/Tobacco Free policy (P05.12.102) stating that the university is committed to providing a safe and healthy environment for its students, employees and visitors by prohibiting tobacco use and smoking within its campuses and facilities. Smoking is allowed in personally owned vehicles parked or being driven on campus or on public sidewalks or public rights-of-way that border campus.

For the most part, our transition to a tobacco-free campus has been pretty smooth. Outdoor entries to buildings are generally free of smokers and second-hand smoke. There have been no major complaints to University officials. Smokers are either following the policy or being discreet. And yet.

And yet, the weather is getting worse. Standing out in the woods is much more of an inconvenience in our fall weather conditions than in the summer when the policy was implemented. More smokers are starting to test the boundaries of the policy.

"How do I confront someone who is smoking on campus?" A student asked me this question recently, and I'd like to thank that student for her question. Notice, she didn't ask, "who do I tell?" She offered to take responsibility for enforcing the policy, which is just what the University of Alaska Board of Regents envisioned:

Implementation of this prohibition will rely heavily on the consideration and cooperation of both users and non-users of tobacco, and the willingness of all members of the university community to share the responsibility of adhering to and enforcing the prohibition, and of holding themselves and other accountable. R05.12.102 (E)(1)

Oh, but it's so hard to confront! I've confronted smokers on several occasions – it's awkward and makes me cranky. The Board of Regents recommends we confront respectfully, and I think that looks a little different whether we know the smoker or not.

With smokers I do not know, I tend to warm myself to the big moment by introducing myself and asking for their name and how they are doing. If I don't know the smoker (maybe she's a new student...maybe he's a visitor), I assume they don't know about the policy and my "confronting" looks helpful. "I'm not sure if you're aware, but UAS is a tobacco-free university. There's no use of tobacco products on campus property."

They say it's harder to confront people we know than it is to confront strangers. UAS is a small community, and so far the majority of the people I have confronted have been people I know. I still start with a friendly hello, but generally get more to the point.

What if the smoker doesn't care? What if they are not respectful to your request? What if they tell you that no one is really going to do anything about it? What if you feel helpless and want someone to help you do the right thing?

Smoking or using tobacco products on campus is a violation of campus policy. Failure to comply with campus policies is a violation of Human Resources policies (for employees) and a violation of the Student Code of Conduct (for students). If your efforts to confront fall on deaf ears, or you see someone repeatedly violating this policy even after you've respectfully confronted, you can report the incident.

Can you report anonymously? Sure. The University of Alaska has established an online, confidential hotline for anonymous reports. However, anonymous reports are often difficult to follow up on. You are also welcome to report directly through the Human Resources office in the Administrative Building (796-6273) or to the Student Conduct Office at the Student Resource Center, lower level Maurant Building (796-6529).

To those of you who believe that the quality of our campus community is everyone's responsibility and choose to confront, thank you for doing so respectfully. For those of you who violate the tobacco-free policy and are confronted, please respond with respect and comply with the policy.

For more information about the UAS Smoke Free/Tobacco Free policy, including Student and Employee Toolkits on how to communicate about the policy and campus property maps, visit: <http://www.uas.alaska.edu/students/guide/other/tobacco.html>

For more resources on quitting tobacco, visit Alaska's Tobacco Quit Line at [alaskaquitline.com](http://alaskaquitline.com) or call 1-800-QUIT-NOW. UAS Student Resource Center and Health Clinic provides nicotine replacement therapy (NRT) on a limited basis for students who request assistance.



# — Health Corner: Your Health Clinic —

**BY AMANDA ARRA**

*For the UAS Whalesong*

The UAS Clinic is Your Student Health Clinic

Many students are not aware of the services provided at the UAS Student Health Clinic. Read on to find out more about your student health clinic:

## **General Information**

Clinic services are free of charge to students. UAS staff and faculty are not eligible to use the clinic unless they are currently enrolled in at least one credit of coursework. Appointments can be scheduled on Monday, Tuesday, Thursday or Friday. The clinic is open between 8:30 am and 3:30 pm and is closed on the weekend. To make an appointment, stop by or call the SRC Front Desk.

## **Self Help Table**

Located in the clinic and counseling waiting room, the items on this table are free of charge and include Tylenol, Ibuprofen, Band aids, ear plugs, antacid tablets, condoms, cough drops and saline nasal spray. There are also a variety of brochures on many health topics for students to peruse.

Ice packs and crutches are available free of charge. You can ask for these at the SRC front desk.

## **Clinic Services**

A variety of lab tests are available to students including pregnancy, blood sugar, anemia, strep throat, urinary infection, STI (sexually transmitted infection), and tuberculosis testing. To be tested for any of these conditions, schedule an appointment at the SRC Front Desk.

Other services offered at the clinic include physical exams, women's exams (pap test), blood pressure checks, weight checks and dressing minor injuries. Clinic services are accessed by scheduling an appointment at the SRC Front Desk. There are usually same day appointments available.

## **Medications**

Basic medications are available at the clinic and include asthma inhalers, birth control pills, antibiotics, nasal spray, emergency contraception (Plan B), allergy and cough medicine. There is a small charge for medicine. If a student needs a medication that is not available at the clinic, the prescription can be called to a local pharmacy for the student to pick up.

## **Immunizations**

Immunizations are not available at the clinic. A list of local pharmacies that offer immunizations is available at the SRC Front Desk. Flu shots will be available on campus

on Friday, November 7th between 9 AM and 3 PM in the Glacier View Room. This event is open to the general public and there is no charge.

## **Your Healthcare Provider**

My name is Amanda Arra and I am a physician assistant (PA). PAs are licensed to diagnose and treat medical problems and can prescribe medications. I have been a PA for over 10 years and enjoy meeting and helping UAS students. Schedule an appointment at your student health clinic today!



Photo courtesy of the UAS Health Clinic.

# — Study Abroad: Hawaii —

**BY MADISON BOVAIS**

*For the UAS Whalesong*

Sunshine, surf time, and island exploration is why I chose Hawaii but what I returned home with was so much more. And actually my decision to study away in Hawaii was because I wanted to experience a bigger school in a different climate. With my geography and environmental studies major, I knew that Hawaii would offer classes in new landscapes.

After going through the National Student Exchange (NSE) application process, I was please to be island bound! University of Hawaii-Manoa offers so many classes that aren't offered here at UAS. Taking different classes with professors who study the island allowed me to gain new learning perspectives! Studying in Hawaii also gave me a whole new way of life in comparison to Juneau. Both locations are so beautiful in their own way yet both so very different. I was able to really dive into a new culture. I quickly learned about the islands food, music, artwork and general lifestyle.

In Hawaii everyone is really active and that's something I enjoyed a lot! I was surfing every morning and exploring the mountains every weekend. The food trucks provided amazing cheap and healthy food for replenishing myself after a long day in the water!

Hawaii also taught me a lot about myself. After experiencing a bigger university I found a whole new appreciation for small schools like UAS. It taught me how to balance daily activities (like surfing) with schoolwork. Being able to find balance is essential! I learned I could get my class work done and have fun!

Arriving to a place that is unfamiliar is truly an amazing experience. The NSE program has the motto "life begins at the end of your comfort zone" and after experiencing this for myself I stand by the quote 100 percent. When you break out of your shell and try new things you begin to see life differently. You're forced to deal in new ways that has made for some of the best memories I have. I say, "Find your comfort zone and then push through it!"

So although I got the sunshine, surf time and island exploring that I set out for I came home with lifelong friends, a new outlook on life, and memories I will cherish forever. My advice to you: be brave and take risks because nothing can substitute experience! I'm so thankful for my exchange experience!

## Mahalo!



Photo courtesy of Madison Bovais.



# Student Government — Member Biographies —

## President Callie Conerton

Callie Conerton was born and raised in Juneau, Alaska - “the Gem of Alaska”. She has been on the United Students of the University of Alaska Southeast- Juneau Campus (USUAS-JC) Student Senate for four years, having served previously as President, Vice President and Senator. She currently is in hot pursuit of her B.A. in Elementary Education and is also spending her summers in Spokane, training to become a Montessori Teacher. To say she enjoys ice hockey is an understatement. She is elated with mixing it up in the kitchen, spending time in the great outdoors and has a deep relationship with her Netflix and Hulu accounts. Please feel free to reach out to Callie as she is also not only President of the USUAS-JC but also the Vice Chair of the Coalition of Student Leaders.

## Senator Hannah Wolfe-MacPike

Hannah Wolfe-MacPike is a Student Senator for the University of Alaska Southeast, Juneau campus. She was born and raised in Sitka, Alaska and as such is a graduate of Sitka High School. She is a life time member of Girl Scouts of the United States and was a scout for thirteen years; she was also a member of the Girls Membership Connections Committee, a girls advisory board for Girl Scouts of Alaska. Hannah is currently studying for her Associate of Arts and Bachelor of Liberal Arts with a concentration in Human Geography. After school she wishes to pursue a career in politics and diplomacy. She is excited to be representing the USUAS-JC student body for the 2015-16 school year!

## Senator David Russell-Jensen

Student Senator David Russell-Jensen was born in Sitka, Alaska, but grew up and attended school in Juneau. He is pursuing a Bachelor of Liberal Arts degree with an emphasis in Alaska Native Language & Studies, as well as a minor in Anthropology. David is Tsimshian and Inupiaq, from the Tsimshian Gisbudwada clan (Killer Whale) of the House of Nisluut in the Ginadoiks territory on the Skeena River in British Columbia, as well as from New Metlakatla, Alaska. In addition to serving as a Student Senator for the United Students of the University of Alaska Southeast, Juneau Campus (USUAS-JC), David serves as Co-Chair of Wooch.Een, an inclusive student leadership club promoting Alaska Native culture and language at UAS. David is learning Lingít yoo x’atángi, Tlingit language, at UAS, through X’unei Lance Twitchell, and Sm’algyax, Tsimshian language, on his own, as no Sm’algyax classes are offered at UAS, despite Sm’algyax being one of the three indigenous languages of Southeast, and despite it being critically endangered with less than 40 speakers worldwide, and less than 10 speakers in Alaska, many of whom are over the age of 80. David is an active proponent of Alaska Native language and cultural courses being offered at UAS and of increasing diversity on campus through faculty hiring and increased Alaska Native student enrollment. David encourages all students, staff, and faculty regardless of background, to take Alaska Native language and cultural courses, so we can all begin in the process of healing our campus, and our community.

Áak’w Kwáan Aaní káx’ yéi haa yatee. We live on Áak’w Kwáan land.

Yáax’, Lingít yoo x’atángi kugaagastee. Let Tlingit language exist here.

Aaa, yéi haa tuwáa kgwatee. Yes, we will all feel that way.

Yéi kgwatee. It will be like that.

## Senator Karey Allen

Ever since Karey was one year old, she knew the exact career she wanted. To be a Marine Biologist/conservationist of killer whales was her ultimate goal when she saw the connection between man and whale at SeaWorld San Antonio. Many people around her at the show, “Believe,” thought that she would give up this dream of wanting to become a Marine Biologist. They thought it would sink and never surface ever again. They were right about one thing, the dream did sink. It sunk so deep into her heart that she never let it go. Becoming a Marine Biologist/ Conservationist was the ultimate goal. Many people in Texas (where she is from) thought the idea to come to Alaska for school was ludicrous, but Karey’s passion for her major drove her to this kaleidoscopic area of marine life. Here she feels that it’s a home away from home, as it should be. The most beautiful place she could imagine to study Marine Biology is here in Alaska and now she gets to do that. The next four years, she plans to obtain her bachelors degree and then pursue a masters degree here at UAS. While in the process of her masters degree, she will become a part of a conservation and ultimately try to start her own for Killer whales. Once her masters degree is in her grasp, Karey will then pursue a Doctorates degree in Marine Biology with a specialization in killer whale conservation/behavior.

Student Government is located downstairs in the Mourant Building across the hall from SAB. Phone: 796-6517. Email: [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu)

October 26, 2015

# A Worrying Trend in — Bee Populations —

## BY ANNELIESE MOLL

*For the UAS Whalesong*

Bees are an extremely important species that are a necessary component of the reproduction of many flowering plant species. In 2013 there were around 2 million bees in the United States, but that number is steadily declining. This decline should be a huge wake up call since domesticated bees and their wild counterparts are vital to our agricultural system and contribute billions of dollars to the United States crop production. World wide, bees pollinate one-third of the world’s crops.

There are several reasons potentially behind their decline. Honeybees are being attacked on several fronts: colony collapse disorder and mites are two large problems.

Colony collapse disorder is a condition in honeybee colonies that was first described in 2006 (Engelsdorp 2014). It is an unexplained condition where bees suddenly disappear. Within beekeeping there is an acceptable amount of loss that can be expected due to natural hardships, this is around 15% of a colony. Unfortunately, within the last few years reported losses have been consistently greater. There is also not much that can be done in regards to colony collapse disorder. This is mainly due to the fact that colony collapse is not caused by one factor.

The mites, *Varroa destructor*, were originally confined to a region east of the Urals and into Afghanistan. However, due to a lack of attention to this parasite has now spread across the world.

The life cycle of the *Varroa destructor* is fairly simple. There are two stages: a phoretic stage and a reproductive stage. Phoretic simply means an inter-species biological interaction, in this case it’s a parasitic relationship, and the phoront is the mite. During the mite’s phoretic stage they ride around on the adult bees and consume their blood, which leaves them weaker and more prone to infections because of the open wounds. This stage usually lasts around 5-11 days depending on whether there is brood in the hive. Where there isn’t a brood the mites maybe forced to remain in this stage for up to 6 months.

In their second stage, the female mites lay their eggs in only the capped brood cells. Since the brood cells are capped, the mites have special appendages, peritrimers, which act as a snorkel allowing the mites to breath. While in the cell the mites also spin small cocoons where they will develop into prepupa. Typically, the mite does not feed until five hours after the cocoon has been completed and the first mite eggs are laid around 70 hours later. The number of mite eggs differs slightly depending on the roll of bee, the number usually between 5 or 6 eggs. Sadly, hives that have been infested by these mites typically die within two or three years.

According to the International Bee Research Association, there are more than 25,000 species of bees in world. Most of these bees are defenseless against these mites, but there are a few species that are not.

There are 5 bee labs sponsored by the USDA. In one such lab there is an experimental breeding program focused on mite resistant bees. In this program researchers are breeding bees that are resistant to these mites. However, these bees are starting to lose traits such as gentleness and their ability to store honey. This has resulted in those researchers working closely with commercial beekeepers (USDA-ARS Bee Labs).

## References:

- Engelsdorp, D. V., Pettis, J. S., & Ritter, W. (2014). Colony collapse disorder. Bee health and veterinarians, 157-159.
- “USDA-ARS Bee Labs - EXTension.” USDA-ARS Bee Labs - EXTension. EXTension, 29 May 2015. Web. 19 Oct. 2015.
- Rosenkranz, P., Aumeier, P., & Ziegelmann, B. (2010). Biology and control of Varroa destructor. Journal of invertebrate pathology, 103, S96-S119.
- Tepedino, V. J. (1979). The importance of bees and other insect pollinators in maintaining floral species composition. Great Basin naturalist memoirs, 139-150.



# — An Interview with — Writing Center Coordinator Carrie Enge

**BY KAYLYN HASLUND**

*For the UAS Whalesong*

Whalesong reporter Kaylyn Haslund had the opportunity to sit down with temporary Writing Center Coordinator Carrie Enge to talk about our newly-reopened studio and what it has in store.

Kaylyn Haslund: You've worked with the writing center before. Is it different as the temporary coordinator in charge?

Carrie Enge: Well, first I started working as the writing coordinator in the learning center in early 2000 sometime in about 2004. And so, I did that for ten years and did occasional adjuncting. And then, I did the professor for two years, so I stepped away from it for two years. But, um, now I'm back, so yeah, it's pretty familiar to me. But this setting in 105, because before it was kind of in the corner of the learning center and this is so exciting to me because it's so much more private, it's so much quieter, so much more accessible for students to drop in and work for a couple of hours and then leave without, you know, with being able to focus and have a tutor help them every once in a while. So that's new to me and that's pretty exciting.

KH: Does it feel like a different environment for you with students versus a classroom?

CE: Uhm, yeah, it's pretty rewarding to be able to sit down with the students and go over line by line, whereas my classes, both of them are full. One of them there's twenty students and one of them there's twenty-three and so then you don't have that luxury. But that really is pretty fun and you get to know the students so much better when you can sit down and you know visit with them a little bit too. Yeah, it's pretty rewarding.

KH: I wanted to ask you how you came into the position.

CE: So, I started out, I was in Petersburg and I was... First I taught English for years in Petersburg, like twenty-five years or twenty-seven years or something like that. And then, uhm, I started being the grant writer and then, I just decided to leave Petersburg. There was no reason, once my daughters were gone, there was no reason for me to stay in Petersburg. So, I came to Juneau and got the job at the Writing Center and so that was my first job and really that's all I've done at the University since I've been here. So, kind of, you know doing little jobs, there's always all kinds going on at the University to do.

KH: Are there going to be any changes that students should know about?

CE: I'm just here until December, you know, and we're going to hire some big guns, we're going to hire a ringer. But for now, there's not going to be any changes. We're just going to try and keep it as comfortable as we can for the students and be as helpful as we can for the professors and that's our focus. So, we are going to do a little competition, so it's not going to start for about a week, but we've got prizes and we're going to ask students to name that fallacy. That's going to be the name of it. So people will watch a political speech by one of the—typically the presidential candidates and find a fallacy and write it down and bring it in here and get a prize. You know, if they've named the fallacy correctly.

KH: Pretty neat, because it also shows that the writing center is working, kind of.

CE: Right, right.

KH: How has it been these first two weeks, with the actual writing center open outside of the learning center?

CE: Well, we were taken off all the Learning center electronics and so, that's been counterproductive. A lot of time has just been spent with people trying to get back on internet accounts.

KH: So it's been hard with logging in?

CE: Right and yeah, we no longer will be using the learning center log in program. And people are just going to be signing in and signing out for now, because evidently that program is inaccessible right now. And our website has been removed and so we're going to have to get a website back up again and one of our tutors is working on that. But, it's too bad, it's kind of a slow start, because the electronics are just eating up everyone's time.

KH: Is there a reason for it or is it just that the electronics have not been working right?

CE: Well I think since we're separate from Learning Center now and that was all on learning center stuff, so it's been removed because our website was on part of the learning center website and so that was removed.

KH: So it's become a full separation?

CE: Yup.

*Continued on page 12.*

# REGISTRATION IS COMING



REGISTRATION FOR SPRING SEMESTER BEGINS  
NOVEMBER 9, 2015

SCHEDULE AVAILABLE AT [UaOnline](http://UaOnline.org) OCTOBER 26



# — Tech Fees on Deck —

**BY ALEXA CHERRY**

*For the UAS Whalesong*

A short while ago, someone from the University of Alaska Fairbanks contacted the Whalesong office with a fairly specific request for research. In their E-mail, they stated “At its establishment in 1997, the Board of Regents stipulated that ‘each chancellor, director or president will ensure that student representatives participate in the decision-making process related to the use of the revenue at each campus.’” They continued on to say that “a reallocation of the fee occurred at UAF last year, diverting 85% of the collected funds to OIT and the campus library, with only 15% remaining for allocation to projects and departments with student input.” The question they had was whether or not anything like this was also happening at UAS, and asked if I would make an inquiry with the regional Teaching, Learning, and Technology Roundtable (TLTR) about the use of the technology fee on Southeast campuses and who decides on those uses.

That’s a lot of information to take in at once, and at first I wasn’t sure where to start looking for an answer. Fortunately, I did have access to the E-mails of everyone on the regional TLTR, so I contacted them all – and, to my surprise, I got an E-mail back from the one person I hadn’t contacted, Vice Chancellor Michael Ciri! He informed me that he was the “resident expert and historian” on the UAS tech fee, and asked if I would be interested in meeting to talk about it. Of course I was, so we set up a meeting to do so. I think my words to a fellow Whalesong reporter as I was going into the meeting were something like “I don’t expect this to take an hour;” I must have jinxed myself, because I did emerge an hour later, but it was worth it. While I’m not sure that I gained the specific answer to the specific question that our contact at UAF was interested in, I did glean quite a lot of interesting information about the application and history of the technology fee here at UAS that I thought other students might be interested in – so settle in, it’s time to learn some things.

The tech fee here at UAS was created for three main reasons. The first was to replace general student-use computers on campus; this was more prevalent when computers were a fairly new thing and each new operating system made enormous leaps and bounds in software compatibility. Now it’s used for general-use student tech

equipment on campus, since if there’s a broadly-based student fee that is applied to everyone, it should only be used to purchase and replace equipment that the majority of the student population can use (as opposed to, for instance, a specialized piece of equipment in the Anderson building that only has one purpose that students may or may not ever get to use). The second reason the tech fee was created was to fund one of the three positions at the IT Helpdesk on campus. This ensures that at least one person will always be on staff to help out students and faculty with their IT problems. And finally, reason number three was to fund full-text databases in the library. There used to be a fourth reason; in the past, there was usually some money left over after funding all of the above, and that money was set aside as a sort of grant that could be applied for through the TLTR for the funding of “special projects.” However, as time and the advancement of technology marched on, that money quickly dried up, and now the tech fee only funds the previously mentioned three primary reasons.

Ciri did mention that the one thing that has changed in recent years with the IT department and tech fee is that the university has migrated away from desktop computers and towards “virtual computers.” Having no idea what a virtual computer is (was it like Tron??), I pursued this line of inquiry and was startled to learn that a large part of my campus experience has been a lie. Not a bad lie – just the sort of lie where you thought one thing because it was presented to you that way, and then it turned out to be something different altogether. You know how when we go to log in on computers at the library, it makes us put in our username and password and then choose whether we want “academic” or “scientific?” None of us have ever questioned this. Perhaps none of us ever thought to. I mean, I guess maybe you thought to. Maybe you questioned it. But I never had, and so if you were in the same boat as me, prepare to have your horizons widened – kind of like the Death Star, UAS’s computers are all just empty shells hooked up to a single central virtual hard-drive. When you log on, you’re in the system. When you choose academic or scientific, the system chooses which software you get to access. That way, the university can buy computer towers and laptops and use them for years as long as they still connect to the virtual computer, rather than having to constantly maintain and replace and discard hundreds of individual computers. Not only is this helpful to the environment, since

it means UAS isn’t throwing tons of computers into the landfill anymore, but it also solves the mystery of how our school was able to afford all these classroom flatscreen TVs that are bigger than half of my apartment. And, as an interesting aside, UAS is the first and currently the only school in the UA system that has gone almost completely virtual with its computer system!

Finally, I asked Michael Ciri about the quote from the Board of Regents that our UAF contact had sent us. A few minutes of searching dug up the quote where it was located in the 1997 Board of Regents meeting minutes (to which I have included the link at the end of this article, if you’re interested in looking them up yourselves). Again, in relation to the technology fee, it states the following: “Each chancellor, director or president will ensure that student representatives participate in the decision-making process related to the use of the revenue at each campus.” Vice Chancellor Ciri explained to me that while he had not been specifically asking students for their opinion regarding the use of the technology fee, he would love to have student representatives on the TLTR. It’s not so much a matter of UAS officials breaking the rule set out by the Board of Regents 18 years ago, as it is a matter of lack of student interest. Ciri stressed to me the importance of student involvement in campus issues, and suggested that if any student reads this article and wants to talk further about it, they should contact him – or Student Government, if you’re just interested in getting involved in campus life and politics on a deeper level in general. I find that UAS and the people who are in charge of its various departments are pretty easy to talk to and get a hold of, so don’t be afraid to reach out! If you make a big enough impact, they might even be the ones reaching out to you.

In closing, Michael Ciri did say something that stuck with me. I felt it was particularly interesting and relevant to my target audience, so I’ll leave you with this quote (which is really more like a paraphrase, but I’ve done what I can):

“I find that students tend to discover only in the last year or so that they’re here that they are the ones who run the university.”

Chew on that, kids! Chew on that.

Here is the link to the 1997 Board of Regents meeting minutes, in which the Tech Fee was first instituted:

<https://www.alaska.edu/bor/minutes/1997/04-18-97summary/>

## THE WHALESONG IS ONLINE!

Come take a look at our website at  
<https://uaswhalesong.wordpress.com/>  
for articles, photos, and more!



— This Sequel is Better: —

## The New Mendenhall Valley Public Library

BY JONAS LAMB

*For the UAS Whalesong*

Rarely are sequels better, but in the case of the Valley Public Library take 2, it's a no-brainer. Having escaped the confines, burnt-pizza-and-pull-tabs ambiance of the Mendenhall Mall, the Valley Library has a new home and, for UAS students, this new venue for studying and hanging out is not to be missed. It's the long awaited, recently completed new Mendenhall Valley Library at Dimond Park. That's right, you can get your swim, soak, sauna on at the Dimond Park pool and then walk next door to the second most beautiful library in Juneau (ok I'm biased because I get to work at Egan Library every day). Before heading inside, on the walls flanking the entrance be sure to check out the engraved donor bricks. There are over 800 bricks featuring the names of community members, favorite literary characters and quotations including the bittersweet, "Here lies Dobby, a free elf". You'll also find the names of many UAS alumni and likely those of future UAS students considering the convenient proximity of the facility to Riverbend Elementary and Thunder Mountain High School.

I made my first visit on a Sunday afternoon during opening week (after a good swim and sauna with my family), spent the first of what will certainly be many inspiring hours under the warm wood panelled ceiling. My three year old son stormed in, eager to give me the tour (he'd visited twice earlier in the week with his pre-school) and show me the "nooks" and "bookswans". A friend and library staff member simply smiled and laughed, "Now whose rowdy children are these?" Once through the glass doors of the children's room I was show the colorful, recessed nooks full of children, climbing, reading, and dreaming. I followed Oscar's pointing finger up to the ceiling, where clear-story windows revealed the top of Thunder Mountain and a flock of giant swans with books for wings, flying in formation from the children's room across the library. The "Biblioswans" are one of two sculpture installations by Juneau artist Dan Deroux selected as part of the One Percent for the Arts program. Additional art and design elements featuring southeast Alaska wildlife include a mural of salmon, bears and whale silhouettes by the Aurora Projekt and children's' wooden chair-backs carved into beavers, foxes, seals.

Whether you're looking for a place to study, use a computer (20+ workstations, 2 hour daily limit with 1 hour sessions, laptops also available for in-library use + WIFI, fee based printing and copying), attend (or host) a community event or just check out a good book for Thanksgiving break, the Valley Library has you covered. There's a modern, well-equipped community room in the foyer that seats 70, has a giant projection screen, video conferencing equipment and glass partition that can open to allow bigger events to spill into the lobby area. Teens have a room of their own featuring a video gaming area, booth seating, colorful furnishings and a laptop bar. Sorry UAS students, the sign at the door reads "Must be accompanied by a teen going into 6th – 12th grade". But don't sweat it, there are 4 study rooms with seating for 4-6, powered-tables and video input to screen. Study rooms can be reserve for up to 2 hours/day for users 14+ and (like the Egan Library Study rooms) can be reserved up to 1 week in advance (call to reserve: 789-0125).

The furniture throughout is cozy and colorful, particularly in the reading area where visitors can curl up by a fireplace to study under focused lighting thanks to a series of floor and table lamps. An abundance of natural light from big windows, combined with an innovative, sustainable ground source heat system create a space that feels more like a living room in a modern home than a library. A great place to spend the entire day!

There will be a Grand Opening Celebration and ribbon cutting ceremony on Saturday November 7th from 11:30-4. The opening will feature food (including ice cream for sale from Coppa), guided tours, music and dance performances by Stroller White Pipes, Harborview Tlingit Cultural & Language student dancers, HeartStrings, TMHS Strings and UAS Alaskapella.

The Mendenhall Valley Public Library is open 7 days week, M-TH 10-8, F 10-7, SA 10-6, SU 12-5.

Additional photos and an audio tour produced by KTOO's Matt Miller is available online at <http://bit.ly/libraryTOUR>

**Full disclosure:** Jonas Lamb is Vice President of the Friends of the Juneau Public Libraries and a former Juneau Public Libraries staff member. It is also rumored that he is a bibliophile, library advocate and a poet. His family has a brick on the wall at the new library declaring "A Home for Poems- The Lamb Family."

### EVENING AT EGAN

UAS FRIDAY LECTURE SERIES IN THE FALL

FREE  
AND OPEN  
TO THE PUBLIC

**FRIDAY, OCT. 30, 2015**

### STRENGTHENING THE SPIRIT OF COLLABORATION

**Kathleen Macferran and Jared Finkelstein,  
Center for Nonviolent Communication**

Collaboration is at the heart of every successful project, organization, family and relationship. In an interdependent world, working together is critical. Kathleen and Jared will share practical, learnable processes that invite each person to be part of a team.

**FRIDAY, NOV. 6, 2015**

### AN ANIMATE WORLD

**Ernestine Hayes, Assistant Professor  
of English**

Author of the 2015-16 One Campus One Book selection, *Blonde Indian: An Alaska Native Memoir*, Hayes will read and discuss her book. She'll also explore the prevalence of the animistic worldview of Tlingit being, and how it is somehow dislocated or dismissed by other cultures.

**UAS** UNIVERSITY OF ALASKA  
**SOUTHEAST**  
*learn • engage • change*

**ALL LECTURES BEGIN AT 7PM  
UAS JUNEAU CAMPUS, EGAN LIBRARY  
[WWW.UAS.ALASKA.EDU/EGANLECTURE](http://WWW.UAS.ALASKA.EDU/EGANLECTURE)**



# — (Fake) Cash Money Dolla Bills —



From the top: Tara Olsen, in a great Stormtrooper costume, deals at one of the two roulette tables; Samantha Rice is late to a very important date as the rabbit from Alice in Wonderland; Mason Shearer deals at one of the two poker tables; Darin Donohue and Tayler Edwards pose as Metal Gear's Big Boss and a Diamond Soldier. Photos by Darin Donohue.

**BY ALEXA CHERRY**

*For the UAS Whalesong*

I first heard about the Casino Night event, I was a little dubious. An evening of gambling hosted and orchestrated by the campus Housing Department? It seemed a little shady. Almost like a trap. Kind of like that time I was doing jury duty and the questioning lawyer asked one of the potential jurors if he'd ever committed murder. I mean, you can't just ask someone if they've committed murder – but that's tangential to the subject at hand. I have since attended every Casino Night that's been held since my arrival at UAS in 2012, and I've had a blast at every one.

For those of you unfamiliar with the principal of Casino Night, allow me to enlighten you. When they walk in the door, attendees are handed a plastic cup full of custom UAS poker chips. They are then given approximately 2 hours to try their hand at a variety of classic casino games, such as blackjack and roulette. (There's also some kind of cowboy card game – Texas Hold 'Em, I think – but my eyes tend to glaze over after the first 5 minutes of someone trying to explain the rules, so I generally just stick to the former two.) The idea is that for every set amount of chips – 10 this year – you receive a raffle ticket, which you may then place in a box at the end of the night in an attempt to win either one of many general prizes, or one of just a few grand prizes. Grand prizes in the past have included a Tempur-Pedic mattress topper and a flat screen television of not-inconsiderable size. Given what's at stake, there is obviously no little impetus to try and do the best you can at gambling in order to turn in as many chips as possible to get as many tickets as possible.

Every Casino Night has a theme – post-apocalypse, the James Bond movie Skyfall, etc. I used to think that it was technically at least a semi-formal occasion; a chance for students to dress up and show off the finer aspects of their closets. And I suppose that still holds true, depending on the theme. But this year, things were slightly different. Students were still supposed to dress up – but instead of dressing like they were going to a black tie dinner, they dressed like they were attending San Diego Comic Con.

CasinoCon – the name of which I will clarify was a mash up of Casino Night + Comic Con, due to some confusion when the event was first announced – was, at least in my book, a pretty big success. Lots of people came in costume, either by themselves or as a paired costume with their friend or significant other. CAs Brittini Wisner and Mitchell Cabrigas were a “couple costume” of Korra and Mako from the animated TV series Legend of Korra; friends and roommates Chrystal Randolph and Katie Reuter came as Flounder and Ariel, respectively; and our very own Whalesong staff, editor Daniel Piscoya and photographer Darin Donohue, came as Daredevil (from Netflix's TV show of the same name) and Big Boss from Metal Gear Solid V. Other costumes that I recognized included Cass Somerville and Kat Southard as a Kyoshi warrior and the Painted Lady, both from the animated TV show Avatar: The Last Airbender; I'm pretty sure one guy was there dressed as Ahmed's version of Batman from the TV show Community; some mysterious entity was parading the venue doing an excellent Deadpool impression; Paul Dorman, the Associate Director of Residence Life, came as Woody from Toy Story; and freshman hall resident Axel Gillam had possibly my favorite costume, attending as a bottle of Sriracha hot sauce.

In addition to the great costumes, tasty cake pops, and delicious drinks (I still don't know what's in a Sonic Screwdriver, but I do know that after the event I proceeded to go home and be wide awake until 4 AM when I finally made myself go to bed), attendees also received a musical performance! The infamous a capella club of UAS, Alaskapella, made an appearance and treated us to a variety of well-conducted songs that had their origins in several different “nerdy” fandoms. After that, prizes were distributed, and then Alaskapella sang one more song before the event was over and everyone dispersed for the night.

Casino Night is great every year, and I think that Casino Con was one of the better-themed ones I've seen in my time here at UAS. It's good to know that while we're studying in order to get jobs so that we can afford to go to the real thing someday, the people who work in the housing department are using their jobs to make sure that we can at least live vicariously through other peoples' fandom gear. (Fun trivia fact: all the Star Trek posters and almost all of the Naruto character scrolls belonged to two people, respectively.) Also, does anyone remember who won the piñata? I have some midterms anxiety I need to take out on an inanimate object. With a bat.



# — Weekly Preparedness —

**BY ALEXA CHERRY**

*For the UAS Whalesong*

College can be rough sometimes. It's easy to forget about the weekly slog of classes and homework come Friday night, especially if your classes are online or if you only have a few 3-hour ones that meet once a week. But if you, like me, find yourself lying awake on Sunday nights and dreading the approach of the coming Monday – don't worry. I've scoured the Internet and drawn from my own personal experience in order to bring you some pointers on how to be more prepared for the week ahead.

**1. Prepare the night before.** Sunday night, and every night you have classes the next day, try to put together the stuff you'll need in the morning the night before. I know it's easier said than done, but trust me; it makes your life easier. If you're pre-emptive about picking out the next day's outfit and packing your backpack and even making yourself lunch, then all you have to worry about the following morning is only hitting the snooze button once (instead of six times) and choosing what mug to put your coffee in. And ideally, you'll complete the homework due the following day the night before. Trust me, it takes a load off and significantly depletes your stress if you can actually relax between classes instead of desperately trying to complete something that's due in two or three hours.

**2. Eat food.** Here's where the importance of learning how to hoard snacks comes into play. Some days, you just don't have time to stop and eat lunch, and that's when you dig out those granola bars and have at it. If you didn't pack granola bars or any other snacks, stop at the cafeteria and order a sandwich at least. It doesn't have to be a sit-down meal, it just has to be something substantial. You can't live on breakfast for the entire day – or, more commonly, morning coffee (and then whatever other coffee or caffeine you can find until you can crawl home and stuff some ramen in your mouth). Speaking of ramen, you can buy pre-packaged Cup-O'-Soups at the store for roughly 66 cents a piece. Buy like, 20, and stick one in your backpack every day. There's a Keurig in the Student Government Office, and you can use the hot water to fill your Cup-O'-Soup up and give yourself that speedy substantial meal I was talking about. It's really hard to concentrate if you're hungry, and on really busy days, you can't afford that. Love yourself and work food breaks into your daily schedule.

**3. Make sleep time sacred.** This is something even I struggle with, even though I know it's good for me. For example, I like to plug my phone in next to my bed so I can watch some YouTube before I fall asleep. Problem Number One with this is that my phone is also my alarm, meaning that when I wake up in the morning I can just slap

snooze instead of having to actually get up, walk across the room, and turn off my alarm. Problem Number Two is that there are numerous studies about how people who sleep with technology like phones and iPads next to their heads don't sleep as well as people who put their tech somewhere that's not in the vicinity of their bed. Your sleep is important, and if you associate weekdays with getting way less than normal, no wonder you dread them. I also read that college students ideally need a solid 10 hours of sleep per night in order to get enough rest and stimulate their brains for the best learning ability and knowledge retention. Let's be real – none of us are getting 10 hours of sleep a night, except maybe on weekends. But if you're in bed by 10 and up at 6, that's 8 hours – or, if you're morally averse to being in bed before midnight, 12 to 8 AM is still the same amount of time and a fairly reasonable time to be up. I know it's hard to get up early, especially if all of your classes are in the afternoon – but, speaking as a vehemently non-morning person, even I find myself feeling more accomplished and better if I get up early and get stuff done as opposed to staying up half the night to complete it and then sleeping until 1 PM.

It's important that you know yourself and your sleeping habits, though. I have a devil of a time waking up naturally, much less with an alarm, so when I get up early to work on things they're usually very urgent things that don't allow me the

luxury of being able to hit snooze. Even so, it's very easy to convince yourself when you're still ¾ of the way asleep that The Thing isn't as urgent as you thought it was when you finally crawled into bed three hours ago. Some people just have to stay up late and get things done the night before. Other people cease functioning around 11 PM, and it works much better for them to go to bed ASAP and get up at the crack of dawn. If you haven't figured out which type of person you are yet, experiment – it's better to find out late than never, especially since it's time to set up your class schedule for next semester.

**4. Set aside some “you” time.** Sometimes college can seem like nothing but one huge rush of responsibilities and due dates and social obligations, with no time for personal projects or pursuits. So make time! Set aside an hour, or even 30 minutes, out of every day (morning, afternoon, evening – whenever you can get it, and still be able to want it) to do something you want to do. Assemble a puzzle, make a video for your YouTube channel, write a chapter of your novel, try out that new recipe. Give yourself something to do for you Monday through Friday – it doesn't all have to be about other peoples' deadlines. And remember: don't be that one 80's song. ... Everybody's workin' for the weekend? No? Okay, I'll see myself out.

**BY KAYLYN HASLUND**

*For the UAS Whalesong*

On October 8th “Within the Silence”: The story of the Japanese/American Internment during World War II performance came to our university's Egan lecture hall. It was a multimedia performance that brought history back to life and showed the audience the horror for Japanese American citizens after Pearl Harbor when President Roosevelt issued the Executive Order 9066. With this order many citizens were forced from their homes and saw their lives fall apart simply for being Japanese. This marked one of the darkest times in American history.

It was brought here in hand with The Empty Chair Project, a memorial in downtown Juneau. It symbolizes the seniors of Juneau High school in May 1942 leaving an empty chair for the Japanese-American Valedictorian, John Tanaka who had been taken to the Internment camps. This chair came to honor all those who had been uprooted and forced from their homes. In the Capital School Park sits a single statue of a chair to represent what was lost for the Japanese-American's and the communities that cherished them.

## — Within the Silence —

Ruth Coughlin, who both performed and presented Within the Silence, had only given this story once before in Juneau. Before giving the performance, she gave a quick power point presentation to help show the history leading up to the internment camps. In this power point the audience was able to see the American public slowly demonizing the Japanese community from both Pearl Harbor and racism that had always been there. The situation was only made worse when Executive Order 9066 was given, forcing everyone who was even 1/16th part Japanese into camps.

In the piece she plays Emiko, a Japanese-American who was forced to go to Idaho's Minidoka Internment Camp. From there it tells the story of a family through all its history at the camp and how it changed their view of America and its ineffective leadership. The story follows Emiko from shortly before the bombs drop, where she lives a normal life in a Japanese community outside of school, to after when she is forced to leave her life behind. In the performance, we learn about the 442nd Regimental Combat Team and how many Japanese-Americans joined to prove their loyalty to America.

After the show, the audience was able to learn that apology money was given to the families, to attempt to make for what had happened. These very grants helped make the show, in fact.

In a Q and A session with a few members of the Empty Chair project, the viewers were given heartfelt personal stories of how they themselves had been affected by the Internment camps. It was in the section of the presentation when one of the women said that when 9/11 happened her heart dropped and fear for another batch of internment camps filled her. In this moment, it was realized that our fear alienated those around us who wanted so desperately to be within the American community.

As the event came to a close, it felt like there was a silent plea, for the audience, for everyone to not let this history be forgotten. That it would be so easy for this to happen again and that we cannot let it happen. Many of those who were in the Internment camps didn't share their stories for nearly forty years, because of fear and the erasure of their voices. No one would listen. With this in mind we have to always remember this history and avoid repeating this mistake.



Photos courtesy of Darin Donohue.



# Resources for your college questions



When it comes to education financing, Wells Fargo has the resources to help students and families make informed decisions.

We have a variety of online tools and information to help students and families find answers to their college questions:

- **CollegeSTEPS® program:** receive college planning tips, tools, and resources by email by signing up at [wellsfargo.com/collegesteps](https://wellsfargo.com/collegesteps)
- **Wells Fargo Community:** get your college questions answered and share helpful information with others at [wellsfargocommunity.com](https://wellsfargocommunity.com)
- **Student LoanDown<sup>SM</sup> blog:** check out conversations focused on the entire college experience at [blogs.wellsfargo.com/studentloandown](https://blogs.wellsfargo.com/studentloandown)
- **Calculators and money management:** view our private student loan products and budget for repayment at [wellsfargo.com/student](https://wellsfargo.com/student)

**Call today for more information.**

1-800-456-1551

Together we'll go far





# Bioluminescence and Fluorescence: — Uses and Differences —

**BY ANNELIESE MOLL**

*For the UAS Whalesong*

Over the last week I read a couple of papers, referenced below, which I found particularly interesting. Bioluminescence and fluorescence are something most of us probably do not think about much if ever, however, both have many interesting aspects and are utilized by a wide variety of organisms.

Bioluminescence occurs within many species, most of which are marine, but not all are. An example of one such luminous organism are fireflies. There are also some other species including beetles, fungi, worms, and freshwater limpets. Other marine species range from bacteria to fish.

There are many uses for bioluminescence. These can range from interspecies communication, startling predators, counter illumination to lures. There are also some rather unusual uses that include acting as a burglar alarm and a sacrificial tag.

More specifically, the burglar alarm is an indirect effect that can cause other, larger predators to be attracted to the site (Haddock 2010). This ultimately means bad news for the offender. Sacrificial tags are also interesting because when an organism is under attack or threat of an attack they can cause a certain part of their body to become luminescent, which enables them to escape with minimal damage.

Light produced through bioluminescence is through an oxidation reaction where the light emitting molecule, luciferin, which is combined with either luciferase or photoprotein. Some organisms can only produce light because of a symbiotic relationship with certain bacteria, however, most species who are bioluminescent are able to do alone.

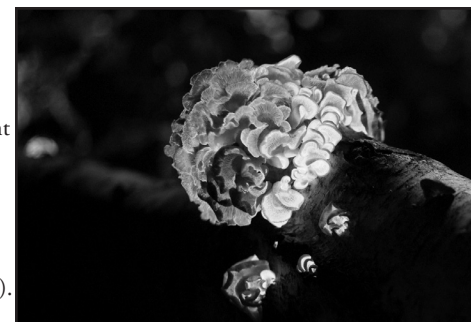
In fluorescence the molecules do not actually produce light. They absorb photons and that excites electrons. That energy is released and light is produced. Green fluorescent proteins are also found in a large number of organisms. However, their ecological functions in any species still remain unclear. Some potential functions could include stress responses or to attract prey (Haddock and Dunn 2015). While the ecological functions are fully understood, humans have found a way to also utilize green fluorescent proteins. The protein has been able to be cloned and is now used in many different scientific applications. There is also a commercial aspect involving genetically modified organisms.

During the summer bioluminescence can be found here if you are able to find an area of water with little or no light pollution. All you have to do is stir the water, which will cause the phytoplankton to become luminous. I would definitely recommend trying this!

## References:

Haddock, S. H., & Dunn, C. W. (2015). Fluorescent proteins function as a prey attractant: experimental evidence from the hydromedusa *Olindias formosus* and other marine organisms. *Biology open*, bio-012138.

Haddock, S. H., Moline, M. A., & Case, J. F. (2010). Bioluminescence in the sea. *Marine Science*, 2.



From the top: *panellus stipticus*, or the 'bitter oyster,' is an example of a bioluminescent fungus; the dinoflagellate population making these waves glow, however, is thought to be an example of a burglar alarm bioluminescence. Images retrieved from the public domain.

## — An Interview with Carrie Enge (Cont.) —

**BY KAYLYN HASLUND**

*For the UAS Whalesong*

*Continued from page 6.*

KH: Would you say there's a difference in the amount of students who come here than there were students going to the learning center?

CE: I don't know about at the beginning of this year. I know that Patty the Math technician, was trying so hard to keep things going, but it was really difficult. I know when I was there compared to being here, a lot more students come in here. Just to do writing. Because, you know for writing you can't be distracted. So I see a lot more youths in here.

KH: It is a much better environment, I feel, than the learning center, for doing papers.

CE: For focusing.

KH: Because it's kind of quiet and nice and cozy. It's just a good place to write.

CE: Kind of a cave. Who wouldn't want to just find a cave to write in? So, I think it gets a lot more use here than it does in the other room.

KH: What would you say it's like working with students who are tutors helping other students. What is it like? Is it different from being a professor with a student who is helping another student?

CE: We've got some pretty talented students here. And, they've kind of... I really haven't been doing much training. The tutors have been pretty much working on their own. It's been a really busy week, because of the English 110 portfolios and midterms. So, it's kind of nice to have the tutors just take care of things on their own. I know in the past there's been a lot of training and there may be in the future too. But when it's just me working here, we just don't have time.

KH: That it has opened basically at mid-terms there hasn't been time.

CE: Right. But the students have been so happy that it's open again. So that's been nice. I really wish, in the past we had Liz and we had Robert and both of them were really good at advanced writing. Then there could be other people who could help. I wish we had more of

that advanced writing, but it may get back to that.

KH: Is there anything you hope for with the writing center now that it is open?

CE: Well, I wish we could get some student training. And, I just love having the students come in and get something done. Yesterday, there were probably fifteen students who spent big chunks of time in here, frantically getting assignments done. And that is just so encouraging and getting help every time they needed a minute. So, I would just like to see it become a hub.

KH: And continue.

CE: Is there anything *you'd* like to see?

KH: I'd mostly like to see the writing center stay open and not because it's just a good place to write, but because it is welcoming and the people who work here really care. I also go to the learning center, but it's a different environment there. Here, people will take the time to sit down and read through your paper and help you.

CE: And that's what we're going to try for.

KH: Do you have any idea who might be taking the position after you?

CE: I don't know, they haven't even advertised it. But they're going to start soon. And I think, the last I heard it was going to be 37 hours a week and I don't know much. Also, Elise Tomlinson, who runs the library, is going to oversee both the learning center and the writing center. That's going to start in January.

KH: Do you think that's going to be a good thing?

CE: Yeah, we're in the library so it kind of makes sense. She is a good person to work with. And I think the two centers, if they're going to be separate, then it's good to have someone who's taking a look at both of them.

KH: Thank you so much for actually taking the position because it really matters that it's someone taking it that cares.

CE: Well we had to do something.

KH: Thank you so much.

The Writing Center is open Monday through Thursday 11 a.m. to 7 p.m., Friday by appointment, and Sunday, 3 p.m. to 7 p.m.

# — Stressed isn't Best —

**BY ALEXA CHERRY**

*For the UAS Whalesong*

Hey there,

I was recently re-watching some of the British comedy show *The IT Crowd*, a show about two IT department workers and their supervisor in a large office building. In one of the first episodes, the company boss gives a speech to announce that he's declaring war on stress. Since it's a BBC comedy show, you can imagine how rapidly things went downhill from there; regardless, it got me thinking about stress and how prevalent it is in our lives as college students. Sometimes it's easier to ignore than other times, but it's always there. So, when it does rear its ugly head and require Immediate Attention, how can you care for and alleviate your stress?

My first piece of advice is not to do what instinct might tell you to do, which is to act like an ostrich – if you can't see the thing that's causing you stress, it can't stress you out anymore. Kicking your physics book under your bed, avoiding your laptop so you don't have to see the open Word file you started your paper in, taking a nap in order to avoid remaining conscious and aware of your responsibilities – these are all things that we do, and things that are not going to help with anything except exacerbating your stress levels. The longer you put off your assignments for, the more work you end up having to do in a smaller amount of time, and the more strung out you'll become. It's hard to try and relax with that hanging over your head like a sword on a string. But don't worry – I have some ideas for how you can work and try to alleviate your stress levels at the same time.

You can start with some yoga breathing! For years, I sneered at the age-old advice for calming down of “just take deep breaths.” What does deep breathing do, I scoffed? It turns out, quite a lot. When you're upset, you unconsciously start taking shallower breaths, meaning less oxygen is getting to your lungs and brain. Being aware of your breathing helps you regulate this and nullify its effects, which will ideally lead to you being calmer and less panicked as you work.

Another thing that can help lower your stress level is aromatherapy. This sounds fancy, but it doesn't have to be; just get something lavender-scented, like an air freshener or one of those heated neck pillows that comes pre-scented, and do some of the deep breathing I mentioned previously. I don't know about the science behind it, but I've been told that lavender is the go-to scent for relaxation and stress relief – and hey, don't they say that half the functionality of medicine is in how much the patient believes in it? (Maybe they don't say that. Don't quote me.) This sort of goes hand-in-hand with my third multitasking suggestion, which is to drink tea. Chamomile tea is great for relaxing, and if you want to be even more straightforward about it, they sell plenty of teas in the store that are straight-up advertised as “relaxation tea” or something to that effect. Or, if you already have a bunch of tea and don't want to shell out the extra money for new kinds, I imagine any type of non-caffeinated tea would work. As a general rule, tea smells good, which falls in line with my aromatherapy tip; tea is also hot, and I find that being warm calms me personally. And it doesn't hurt to drink something that tastes good when you're stressed, either.

Another interesting idea that I found online is to talk

yourself through it. I would definitely recommend talking to friends, family, or a counselor if you're really struggling with stress, but sometimes (like say, when you're alone at 3 AM in your room and have several projects all clamoring for your attention) you are your own best motivator. If you're uncomfortable with talking to yourself because it might make you seem a little crazy, just remember that you don't have to do it loudly, or necessarily out loud at all. You can even keep up a running internal dialogue, if you want – just as long as you're encouraging yourself, and you find that doing it is actually helpful.

Finally, there are plenty of things you can do before you start or after you complete a project (besides taking a nap) that are a little more involved, but still relaxing. Try pairing the yoga breathing with some actual yoga – and bear in mind that this doesn't have to be body-twisting, sweat-inducing yoga. You can lie on your back and stretch your legs up a wall, and that's a totally valid yoga move. Listen to your favorite music. If you have a TV show or a movie you've been wanting to see, or a particular film you like to watch when your life gets rough, now's the time to watch it – it will be all the more enjoyable once you can associate it with a job well done, rather than procrastinating on something that just looms higher and higher overhead every time you click “next episode.” And last, but not least – try to ease back on the caffeine. As a wise sage once said, “To be stressed out and hyped up is no way to live” (The sage was me. I am the sage. I mean, I'm a senior, so I'm basically a sage. Look – just trust me on this, okay? Drink some water instead).

## — The Alaska Climate Action Network —

**BY DANIELLE REDMOND**

*For the UAS Whalesong*

This December, world leaders will be meeting in Paris for what may be humanity's last chance to prevent catastrophic climate change!

It sounds like the plot of a cheesy action/adventure film but sometimes reality is stranger than fiction. Come explore the issue in the lead-up to Paris with three great films: “This Changes Everything,” “The Yes Men Are Revolting,” and “Merchants of Doubt.”

We'll be hosting a FREE screening of “Merchants of Doubt” on Sunday, November 29th, just as the conference kicks off and as people around the world gather for the second People's Climate March!

Then join us for a potluck on December 12th for “the People's Last Word.” We'll discuss the outcome of the conference and the road through Paris, focusing on solutions that we want to help create.

Who is “we?” The Alaska Climate Action Network - a Juneau-based citizens' group. We're just a bunch of residents who came together to look for ways we could address the root causes of climate change, on par with the science for a just transition. Sound like a big task? It is! But the more we started looking into it, the more we

October 26, 2015

realized that ordinary people have a crucial role to play in creating the space for real solutions. Want to learn more? Look us up online at [www.alaskaclimateaction.org](http://www.alaskaclimateaction.org) or find us on Facebook!

Want to know more about the films?

“This Changes Everything,” based on Naomi Klein's book of the same name, is “a documentary for people who hate climate change documentaries.” Not only does it go around the world putting a human face on the issue, it zeroes in on the economic system that gave rise to such unbridled impacts and poses the question: what if climate change is not just a threat but an opportunity to make a healthier, more just world?

Monday 11/2 7:00 PM

Saturday 11/7 4:30 PM

“The Yes Men Are Revolting” is the hilarious story of Andy and Mike, two very unorthodox activists as they pass through middle age and wonder: are their pranks really making a difference? Never has the search for meaning been so funny in the face of such serious issues.

Monday 11/16 7:00 PM

Saturday 11/21 4:30 PM

“Merchants of Doubt” looks at the source of climate change “skepticism” - pundits-for-hire who are small in

number but big in influence. How did the same people who worked for the tobacco lobby succeed in casting doubt on the scientific consensus behind climate change?

Sunday 11/29 4:30 PM (FREE showing in honor of the second People's Climate March!)

Monday 11/30 7:00 PM

Tickets are \$10 (except for Nov 29th) and can be bought at the door or in advance at [www.alaskaclimateaction.org](http://www.alaskaclimateaction.org).



Photo courtesy of the Alaska Climate Action Network



# CAMPUS CALENDAR

## ON CAMPUS

MONDAY, OCT 26

### Spring 2016 Class Schedule Web Search

**Available**, all day, university-wide. The Spring 2016 class schedule is available on <http://www.uas.alaska.edu/schedule>. For more information, call 796-6100, or email [registrar@uas.alaska.edu](mailto:registrar@uas.alaska.edu)

**Coffee with Student Government**, 11:30 a.m., Student Government Office. Come grab a cuppa and some snacks with your Student Government!

**Cardio Conditioning**, noon, Recreation Center. Join Keegan @ the REC for an hour of cardio and core conditioning on Monday, Wednesday, and Fridays starting Aug 24th and running till Dec. 11th. Sign-up at the REC help desk. \$100 fee. \$5 drop-in fee. For more information, call 796-6544 or email [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu).

**Climbing Wall Orientations**, 5 p.m., Recreation Center. Attend the REC's climbing orientation every Monday, Wednesday (same time), and Friday (6:30 p.m.) to learn the basics and our gym rules. Contact the Rec Center at 796-6544 or [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu).

**Open Gym: Dodgeball**, 7 p.m., Recreation Center. Dodge, dip, duck, and dive in this fast-paced game every Monday (7 p.m.) and Wednesday (8:30 p.m.)! For more information send an email to [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) or call the REC Center staff at 796-6100.

**Open Gym: Volleyball**, 8:30 p.m., Recreation Center. Serve, set, spike, and save twice a week in the gym every Monday (8:30 p.m.) and Wednesday (7 p.m.)! For more information, email [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) or call 796-6100.

TUESDAY, OCT. 27

**Spanish Club Meeting**, 1:30 p.m., Mourant Lakeside Grill. The Spanish Club learns and practices Spanish in a fun and informative environment every Tuesday. For more information, call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu)

**Dancing Phalanges Club Meeting**, 2 p.m., Mourant Lakeside Grill. The Dancing Phalanges Club will practice and teach other students American Sign Language every Tuesday. For more information, call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu).

**Open Gym: Basketball**, 7 p.m., Recreation Center. Dribble, drop step, and dunk your way across the court every Tuesday (7 p.m.) and Thursday (8:30 p.m.)! For more information send an email to [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) or call the REC Center staff at 796-6544.

**Open Gym: Soccer**, 8:30 p.m., Recreation Center. Kick, pass, throw-in, kick, and goooooaaal every Tuesday (8:30 p.m.) and Thursday (7 p.m.)! For more information send an email to [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu).

[alaska.edu](http://uas.alaska.edu) or call the REC Center staff at 796-6544.

THURSDAY, OCT. 29

**Baptist Campus Ministry Club Weekly Meetings**, 9 p.m., Chapel by the Lake. Through UAS BCM we encourage Christian students to embrace and live for Christ and to educate and inform interested students about the Bible. Free. Call (907)-305-0624 or email [uasbcm@gmail.com](mailto:uasbcm@gmail.com) for more information.

FRIDAY, OCT. 30

**Student Government Weekly Meeting**, 11:30 a.m., Glacier View Room. Please join the United Students of the University of Alaska Southeast - Juneau Campus for our weekly meeting. Meetings are open to all students, staff, and faculty. Please contact us if you have any questions or would like a copy of the agenda. For more information, call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu).

**Family Friday Night**, 7 p.m., Recreation Center. Pick-up soccer, Basketball, and Dodgeball family games every Friday! For more information send an email to [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) or call the REC Center staff at 796-6544.

**Evening at Egan: Strengthening the Spirit of Collaboration**, 7 p.m., Egan Library. Kathleen Macferran and Jared Finkelstein will explore the qualities that make collaboration effective and share practical, learnable processes that invite each person to be part of a team. For more information, call 796-6509, or email [chancellor@uas.alaska.edu](mailto:chancellor@uas.alaska.edu).

**Graveyard Gala**, 9 p.m., Recreation Center. Come join the SAB for the 2015 Halloween Dance! This years theme is "Graveyard Gala", so feel free to come dressed to impress or simply dressed to have some fun at this free and open event for all UAS students, faculty, and staff. For more information, contact 796-6306 or email [sab@uas.alaska.edu](mailto:sab@uas.alaska.edu).

SATURDAY, OCT. 31

**Sex and Gender Equality Club Meeting**, 10 a.m., Egan Classroom 225. The UAS Sex and Gender Equality Club meets every Saturday at 10:00am. The goals of the club are to educate people on equal rights issues and advocate for equality. Free. Call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu) for more information.

**Gaming Club Meeting**, 5 p.m., Egan Library. Gaming Club hosts weekly meetings every Saturday

from 5 p.m. to midnight in the top floor of the Egan building. All types of games and gamers are welcome! Call 796-6517, or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu).

WEDNESDAY, NOV. 4

**One Campus One Book: The Making of Never Alone: Native Voices and New Media**, 7 p.m., Recreation Center. How can new media platforms be used effectively to tell traditional stories in order preserve indigenous language, contribute to decolonization efforts and ensure a vibrant, intact culture for younger generations? The discussion will focus on the video game, Never Alone (Kisima Ingitchuna). The panel will feature cultural ambassadors Ishmael Hope and Amy Fredeen. Ernestine Hayes will serve as moderator.

THURSDAY, NOV. 5

**National Student Exchange & Study Abroad Information Sessions**, Noon, Mourant Lakeside Grill. Learn about all your Exchange & Study Abroad opportunities at UAS, both national and international! For more information, call 796-6455 or email [exchanges@uas.alaska.edu](mailto:exchanges@uas.alaska.edu).

FRIDAY, NOV. 6

**The 3rd Annual NRSC Food Sovereignty Friday Series**, 1 p.m., Native and Rural Student Center. The NRSC invites YOU to stop by and sample some of the finest food harvested around Alaska! For more information, call 796-6454 or email [nrsc@uas.alaska.edu](mailto:nrsc@uas.alaska.edu).

**Evening at Egan: Ernestine Hayes, "An Animate World,"** 7 p.m., Egan Library. Author of the 2015-16 One Campus One Book selection, Blonde Indian: An Alaska Native Memoir, Hayes will read and discuss her book and explore the theme of the animistic world view that is such a part of Tlingit being yet somehow dislocated or dismissed by other cultures. For more information, call 796-6509 or email [chancellor@uas.alaska.edu](mailto:chancellor@uas.alaska.edu).

SATURDAY, NOV. 7

**UAS Indigenous Day Community Dialogue**, noon, Egan Library. UAS students have voted to recognize Indigenous Peoples' Day on the day that Columbus Day is typically recognized, in hopes to initiate conversations on decolonization and healing. Wooch.een will read collected anonymous responses and publicly discuss at an open community dialogue. For more information please contact the Native and Rural Student Center at 907-796-6043, or email [uas\\_jywe@uas.alaska.edu](mailto:uas_jywe@uas.alaska.edu).



Courtesy of [www.alaskarobotics.com](http://www.alaskarobotics.com)

# CAMPUS CALENDAR

## OFF CAMPUS

### MONDAY, OCT. 26

**Tlingit Language Learner's Group**, 6 p.m., Downtown Juneau Public Library. This group, run by Tlingit language learners, is free and open to the community every Monday, regardless of language experience. For more information, email [tlingtillerners@gmail.com](mailto:tlingtillerners@gmail.com).

### TUESDAY, OCT. 27

**Toastmasters Club at St. Paul's**, 6:15 a.m., St. Paul's Catholic Church, Parish Hall. Improve your public speaking skills every Tuesday morning in a supportive environment. Go to [www.takutoastmasters.org](http://www.takutoastmasters.org), or call 463-5885.

**Community Emergency Response Team Course**, 6 p.m., Hagevig Fire Training Center. Session 5/6. FREE Community Emergency Response Team (CERT) Course for October/November 2015. You may register for any one or all the sessions. Pre-Register or contact Mike Lopez, [mlopez@bartletthospital.org](mailto:mlopez@bartletthospital.org), 796-8989.

### WEDNESDAY, OCT. 28

**Write For Your Life**, 10 a.m., Mendenhall Valley Library. The "Write For Your Life" group meets every Wednesday to share journal entries, memoir, letters, or poetry. For more information, contact Dixie at 907-789-2068.

**"Sharing Our Knowledge" Clan Conference Warming of the Hands**, 6 p.m., JACC. "Sharing Our Knowledge" is a multi-disciplinary conference that includes artists, academics, students and other learners meeting with Alaska October 26, 2015

Native tradition bearers, elders, and fluent speakers to discuss subjects such as linguistics, archaeology, art and music, Alaska Native history, museum studies, cultural anthropology, law and protocols, fisheries, and traditional ecological knowledge. Open to the public. Email [metcom@gci.net](mailto:metcom@gci.net) for more information.

**Ski Film Bar Night**, 7 p.m., Louie's Douglas Inn. Ski Film Bar Night is an eight week event series, starting September 30th. Join us at Louie's Douglas Inn every week on Wednesday. Invite your friends to our Facebook Event, where you can preview all the films and share some of your favorites! Free. For more information, email [eaglecrest@skijuneau.com](mailto:eaglecrest@skijuneau.com).

**Weekly Old Time Music Jam**, 7 p.m., Alaskan Hotel Bar. Every Wednesday Old Time Music jam. All abilities welcome. Fiddle, guitar, banjo, bass, mando, uke, harmonica, etc. Free. Event Contact: Tom Paul, 463-3214.

**Ultimate Frisbee**, 9 p.m., Dimond Park Fieldhouse. Ultimate frisbee pick up games every Wednesday! FREE. For more information, contact David Job at 586-3845 or go to [juneauultimate.org](http://juneauultimate.org)

### THURSDAY OCT. 29

**Juneau Family Health & Birth Center Fundraiser**, 6 p.m., SALT Restaurant. The Juneau Family Health and Birth Center is partnering with Salt, one of Juneau's finest restaurants, for a private dinner, desert auction, and musical and dance performances from some of Juneau's most talented performers to help support our donated healthcare program, and to raise money for an ultrasound machine. Tickets are \$100. For more information or to reserve your tickets, please contact Jennifer at 907-586-1203 or email her at [jennifer@juneaubirthcenter.org](mailto:jennifer@juneaubirthcenter.org).

**"Sharing Our Knowledge" Clan Conference Begins**, 8 a.m., Centennial Hall. "Sharing Our Knowledge"

is a multi-disciplinary conference that includes artists, academics, students and other learners meeting with Alaska Native tradition bearers, elders, and fluent speakers to discuss subjects such as linguistics, archaeology, art and music, Alaska Native history, museum studies, cultural anthropology, law and protocols, fisheries, and traditional ecological knowledge. Registration required. Thursday through Sunday. Email [metcom@gci.net](mailto:metcom@gci.net) for more information.

**AbbyOke Karaoke**, 9 p.m., McGivney's Sports Bar & Grill, Karaoke Night every Thursday. Free Event! Call 907-789-0501 for more information.

**Open mic w/ Teri Tibbet**, 9 p.m., Alaskan Hotel & Bar. Come on down and play a couple every Thursday. 21+, FREE. For more information, call 586-1000 x 405 or [www.thealaskanhotel.com](http://www.thealaskanhotel.com)

### FRIDAY, OCT. 30

**Manic 3- Halloween Party**, 10 p.m., McGivney's Sports Bar & Grill. Come out dressed to scare! Halloween party, live music and prizes! For more information, call 907-789-0501.

### SATURDAY, OCT. 31

**Prospective Homebuyers Class**, 8 a.m., Riverbend Apartments. This eight-hour course is designed by Alaska Housing Finance Corporation (AHFC) to give Alaskans the knowledge necessary to become an informed homebuyer. Learn more or register at <https://www.ahfc.us/classes/>.

**DRAW Open Studio**, 10 a.m., The Canvas Community Art Studio and Gallery. Take advantage of a purpose built still life or a live model in a studio setting to develop and maintain your drawing skills every Saturday. Artists Tim Ortiz or Andreana Donahue will be available for guidance. Basic materials provided. \$20 (plus tax).

**Halloween Ball**, 8:00 p.m., JACC. This is a 21 year and over event. The Rockwell will have a full bar set up --including Halloween themed drinks. Kari & the Wistrockets will be performing. \$15 entry fee. Tickets are available at [juneauopera.org](http://juneauopera.org), the JACC and the usual outlets. Call 321-3718 or email [scarlett.sbc@acsalaska.net](mailto:scarlett.sbc@acsalaska.net) for more information.

### TUESDAY, NOV. 3

**Community Emergency Response Team Course**, 6 p.m., Hagevig Fire Training Center. Session 7. FREE Community Emergency Response Team (CERT) Course for October/November 2015. You may register for any one or all the sessions. Pre-Register or contact Mike Lopez, [mlopez@bartletthospital.org](mailto:mlopez@bartletthospital.org), 796-8989.

### SATURDAY, NOV. 7

**Community Emergency Response Team Course**, 9 a.m., Hagevig Fire Training Center. Session 8. FREE Community Emergency Response Team (CERT) Course for October/November 2015. You may register for any one or all the sessions. Pre-Register or contact Mike Lopez, [mlopez@bartletthospital.org](mailto:mlopez@bartletthospital.org), 796-8989.

**Ski Swag**, 10 a.m., Centennial Hall Convention Center. Juneau Ski Club and Ski Patrol Annual Ski Swap! Free. Go to [skijuneau.com](http://skijuneau.com) or email [eaglecrest@skijuneau.com](mailto:eaglecrest@skijuneau.com) for more information.

**Taku Winds Concert**, 7:30 p.m., Juneau Arts & Humanities Council. Music concert featuring the Taku Winds wind ensemble under the director of Richard Moore. Come hear a newly discovered march by John Phillip Sousa, Dance Macabre by Camille Saint-Saens, a lively jig based on British dance tunes by Ralph Vaughn Williams and more. Go to [juneaucommunityband.org](http://juneaucommunityband.org) for more information.





# BRIDGING *the* GAP

Are you looking for a great  
online learning experience? Do  
you need more classes to choose  
from to graduate on time? Do  
you want personalized attention  
in your online course?

*Not all online classes are created equal.*

Students from Alaska and beyond are finding their place at Kenai Peninsula College. With so many online classes available, it's hard to choose. Distance students in the University of Alaska are able to take advantage of course offerings throughout the University system. Kenai Peninsula College is a University leader in distance education.

At KPC, you won't get lost in your online class. The max class size at KPC is 30 students. KPC prides itself on offering high quality classes, taught by instructors who are trained in distance delivery. Many KPC courses are Quality Matters (QM) certified. QM classes must pass a rigorous quality assurance review.